

WOMAN'S WORK

The Two Sides of It.

There was a girl who always said
Her fate was very hard;
From the one thing she wanted
most

She always was debarred.
There always was a cloudy spot
Somewhere within her sky;
Nothing was ever quite just right,
She used to say, and sigh.

And yet her sister, strange to say,
Whose lot was quite the same,
Found something pleasant for her-
self

In every day that came.
Of course things tangled up some-
times

For just a little while,
But nothing ever stayed all wrong,
She used to say, and smile.

So one girl sighed and one girl
smiled

Through all their lives together;
It didn't come from luck or fate,
From clear or cloudy weather—
The reason lay within their hearts,
And colored all outside;
One chose to hope and one to mope,
And so they smiled and sighed.

—Priscilla Leonard.

Unfamiliar Terms of the Menu and the Cook Book.

The modern cook book has many phrases quite unfamiliar to our grandmothers, and likewise recipes given in current magazines have sauces, dressings and relishes with unpronounceable names that seem so foreign we are apt to deny ourselves many delectable dishes through ignorance of their meaning, while the hotel menu, or bill of fare, dismays the timid soul who has no idea that frappe is a delight to the palate when one is weary. The following list, while not complete, may help inexperienced housekeepers to a better acquaintance with many appetizing dainties:

An Bleu, a French term applied to fish boiled in flavored white wine.

An Gras, dressed with meat gravy.

An Jus, in the natural juice or gravy.

A bouquet of herbs is parsley, thyme and green onions tied together.

Bain-marie is either a bath of wine, spices and vinegar (English term), or a French double boiler for keeping sauces hot.

Bechamel, a sauce to serve hot with meats made of butter (or drip-pings), flour, white stock and herbs.

Bisque, a clear soup made of shell-fish.

Blazer, a dish under which is a receptacle for coals to keep it hot.

Bouillon, the common delicate, clear soup of France.

Bordelaise, a sauce similar to Bechamel, with the addition of half a glass of claret.

Brasol meat is meat stewed in a closely covered pan with bacon, herbs or spices.

Cafe au lait, one-half black coffee and one-half hot milk.

Cafe noir, black coffee, usually drunk clear at the close of a meal.

Canapes are strips of stale bread, fried and spread with seasoned fish or meat paste.

Casserole is a baking dish, though sometimes a form of potatoes or rice surrounding a meat or oyster stew is termed a casserole, though that properly is a —

Chartreuse, which has a covering of rice or potatoes put over the stew and browned in the oven.

Collops, slices of cooked meat fried in tomato sauce or in batter.

Consomme, strong, clear meat soup.

Croquettes, a base of cooked meat or vegetable, mixed with egg, butter and seasoning, shaped and dredged with egg and bread-crumbs and fried one minute in boiling fat.

Crostades, fried forms of bread to serve minced meat or eggs on.

Croutons, stale bread in one-half-inch cubes, browned in a slow oven for use in soup.

Entree, a side dish served with the first course.

Entrement, with the second course.

Fillet of beef, the long strip of tender meat lying under the loin and rump, or parts of this strip. Fillets of fowls or fish are small pieces.

Fricassee, any meat fried in a pan and dressed with gravy.

Frappe is a chilled drink without liquor, punch having a light wine added.

Fritter, anything encased in batter and fried.

Gratin, a term applied to dishes prepared with sauce and baked.

Haricot, any thick stew of diced meat dressed with vegetables.

Hos-d'aeuvres, small dishes of sardines, anchovies or other relishes.

Mayonnaise, a salad dressing.

Meringue, icing of white of egg and sugar slightly cooked.

Mousse is whipped cream flavored and sweetened, then packed in a mold in salt several hours to chill.

Paprika or paprica is a mild Hungarian pepper.

Piece de resistance, the principal joint of the meal.

Puree, a strained thick soup, or cooked vegetables mashed through a colander and baked with bread-crumbs and cream.

Planked fish is fish broiled on a plank or board.

Ragout, a highly seasoned sauce, in which meats or vegetables are stewed. The word means, "to revive the appetite."

Risotto consists of stock, giblets or chopped meat, rice and tomato sauce, boiled together and served hot.

Roux, a mixture of butter and flour for thickening soup and gravy.

Salpicon, a mixture for stuffing—chopped meat, bread or fruit.

CONFESSIONS OF A PRIEST.

Rev. Jno. S. Cox, of Wake, Ark., writes, "For 12 years I suffered from Yellow Jaundice. I consulted a number of physicians and tried all sorts of medicines, but got no relief. Then I began the use of Electric Bitters and feel that I am now cured of a disease that had me in its grasp for twelve years." If you want a reliable medicine for Liver and Kidney trouble, stomach disorder or general debility, get Electric Bitters. It's guaranteed by all druggists. Only 50c.

Sauce tartare, a mayonnaise dressing to which has been added capers, olives or pickles, and onion juice.

Shallot, a small, mild onion.

Timbale, chopped cold meat with equal proportion of bread-crumbs and cream dressing, baked.

Vol-au-vent, a light puff paste inclosing minced meat.

Zwleback, slices of bread baked very brown, the name meaning twice baked.—The Pilgrim.

Teach Your Daughter to Work.

Any American girl is possibly, and probably, going to need to fall back upon her own resources some time. The ups and downs of fortune are too certain, too conspicuous to need pointing out. To bring up a girl without any training in a useful occupation is not simply improvident and foolish, but it is wicked. Feminine character needs independence to make and keep it sweet and perfect. The darkest tragedies of life grow out of the ignorance, helplessness and dependence of women. Courage, training in work, independence of character and self-reliance—these, with high ideals of womanhood for inspiration, are what every girl needs. Only through intelligent work can the highest character be attained, and the growth of character is the whole purpose of this school which we call "the world."—Woman's Home Companion.

The best perfection of a religious man is to do common things in a perfect manner. A constant fidelity in small things is a great and heroic virtue.—Saint Bonaventura.

SAVES TWO FROM DEATH.

"Our little daughter had an almost fatal attack of whooping cough and bronchitis," writes Mrs. W. K. Haviland, of Armonk, N. Y., "but, when all other remedies failed, we saved her life with Dr. King's New Discovery. Our niece, who had Consumption in an advanced stage, also used this wonderful medicine and to-day she is perfectly well." Desperate throat and lung diseases yield to Dr. King's New Discovery as to no other medicine on earth. Infalible for Coughs and Colds. 50c. and \$1.00 bottles guaranteed by all druggists. Trial bottles free.

Raleigh and Cape Fear R. R.

TIME TABLE.

South-bound Trains.		STATIONS.	North bound Trains.		
Daily Except Sunday.			Daily Except Sunday.		
Sec'd Class 101	First Class 105		First Class, 104	Sec'd Class 102	
A. M.	P. M.	LEAVE.	ARRIVE.	A. M.	P. M.
7 00	4 15 Raleigh	9 30	5 30	
7 15	4 25 Caraleigh Mills	9 20	5 15	
7 25	4 30 Sylvaola	9 15	5 07	
7 35	4 40 Barnes	9 05	5 00	
7 40	4 45 Hobby	9 00	4 55	
7 55	4 50 McCULLERS	8 55	4 50	
8 00	4 55 Banks	8 45	4 30	
8 05	4 57 Austins	8 40	4 25	
8 25	5 05 Wilow Springs	8 35	4 20	
8 30	5 15 JOHNSON MILL	8 30	4 02	
8 50	5 20 Cardenas	8 11	3 57	
9 03	5 25 C. F. & N. Junction	8 17	3 53	
9 15	5 30 Fuquay Springs	8 15	3 50	
9 20	5 35 Buckhorn	8 05	3 35	
9 25	5 40 Rawls	8 00	3 25	
9 40	5 50 Chalybeate	7 55	3 15	
9 50	5 55 Bradley	7 45	3 00	
9 55	6 00 Smith Mill	7 40	2 55	
10 00	6 10 Lillington Station	7 30	2 45	
		LEAVE.	ARRIVE.		

JOHN A. MILLS,
President and Gen. Mgr.

Healthy Children



are kept strong and well; weak and puny little folks are made vigorous by the use of that famous remedy—

FREY'S VERMIFUCE

Corrects all disorders of the stomach, expels worms, etc. Palatable and positive in action. Bottle by mail, 25c. E. & S. FREY, Baltimore, Md.

PAGE

THE MAD CAREER

of a powerful runaway auto at Zanesville, O., fair, was suddenly stopped by Page Fence, but not until it had killed or injured a score of people. PAGE WOVEN WIRE FENCE CO., Adrian, Mich.

SOUTHERN RAILWAY

In effect June 14th, 1903.

This condensed schedule is published as information and is subject to change without notice to the public.

TRAINS LEAVE RALEIGH, N. C.

12.50 A. M. No. 111 daily for Greensboro and local points. Carries Pullman sleeper Goldsboro to Greensboro, connecting at Greensboro with No. 39. "Atlanta Express." Pullman sleeper and day coaches to Atlanta, Pullman Tourist sleeper to San Francisco Cal., Tuesdays, Thursdays and Saturdays via New Orleans and Southern Pacific. No. 33, "Florida Express," for Charlotte, Columbia and Savannah. Pullman sleeper to Jacksonville, Fort Tampa, Charleston and Augusta connections for all points in Florida. No. 37, "Washington and Southwestern Limited," solid Pullman train drawing room sleepers, New York to New Orleans and Memphis, connection is also made for Winston-Salem, Wilkesboro, Danville and local stations 5:30 a. m. No. 112 daily for Goldsboro and local stations; connecting at Goldsboro with Atlantic Coast Line for Wilmington, N. C., Wilson, N. C., Tarboro, N. C., Norfolk, Va., and intermediate stations, also at Goldsboro with Atlantic and North Carolina Railway for Kinston, N. C., Newbern, N. C., and intermediate stations.

8.56 A. M. No. 107 daily for Greensboro and local stations, connects at Durham for Oxford, Henderson, Keysville and Richmond. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 39, U. S. "Fast Mail" for Washington and all points north; Pullman drawing room sleepers to New York and Richmond; close connection for Winston-Salem, Mocksville and local stations, with train No. 7 for High Point, Salisbury, Charlotte and local stations.

10.20 A. M. No. 108 daily for Goldsboro and all local points, connects at Selma for Wilson, Rocky Mount and all Eastern North Carolina points. At Goldsboro for Wilmington, Kinston, New Bern, N. C., and Norfolk, Va., where close connection is made with Chesapeake Line for Baltimore and all other outgoing steamers.

3.52 P. M. No. 135 daily for Greensboro and intermediate stations; connects at Durham for Oxford, Clarksville, Keysville daily except Sunday. At University Station for Chapel Hill daily except Sunday. At Greensboro with train No. 29 for Columbia, Augusta, Savannah, Charleston, Pullman sleeper and first-class coaches Washington to Jacksonville, Fla. No. 35 "U. S. Fast Mail" for Atlanta and all points south and southwest, Pullman drawing room sleepers to Birmingham and New Orleans, day coaches Washington to New Orleans, also with north bound trains, No. 34 and 38 for Washington and all points north; Pullman drawing room sleepers and observation car to New York; connection is also made at Greensboro for Winston-Salem and at Salisbury to Memphis.

4.12 P. M. No. 136 daily for Goldsboro and local stations.

C. H. ACKERT, Gen'l Manager.
W. A. TURK, Pass. Traf. Manager.
S. H. HARDWICK, G. P. A.,
Washington, D. C.
R. L. VERNON, T. P. A.,
Charlotte, N. C.
T. E. GREEN, City Ticket Agent,
Office in Yarroworth House Building,
RALEIGH, N. C.